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SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 26 SHOPPERS DRUG MART

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BENDING OVER BACKWARD FOR LIFE IN CIRQUE
FAMILY, WORK A BALANCING ACT PAGES 6 & 7

**But we all love the Leafs too much ... right?**
NHL rumoured to be making deals for expansion to three cities and a second T.O. team PAGE 34

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Polypterus able to adapt to living solely on land PAGE 12

**Is perennial hunger the cause of short Inuit kids?**
Study looks at issue of food insecurity in North PAGE 16

NEWS WORTH SHARING.

# Ford back in contention: Poll

**Do people really hate raccoons?** More Stintz supporters reportedly flock to Ford than Tory

As Toronto mayoral candidates enter the home stretch, Mayor Rob Ford is the only one gaining ground while once-frontrunner Olivia Chow has fallen behind him into third place, according to a new large-sample poll.

Forum Research's automated phone survey of 1,945 Torontonians conducted Monday and Tuesday is certain to send shock waves through campaigns preparing for the critical post-Labour Day push to the Oct. 27 civic election.

"It looks like Rob Ford is on the comeback trail, and although John Tory still has the lead, it is narrowing," said Forum president Lorne Bozinoff.

The mayor's rebound follows the crack-cocaine scandal, city council stripping him of his powers, a rehab stint, his ongoing refusal to be interviewed by police about an extortion case and lingering conflict-of-interest allegations.

Chow, who was the clear voter favourite until early July, saw her fifth straight slump.

"Chow has been stalled for a long while," Bozinoff said. "Her campaign needs a major reboot, a major rethink."

Spokesman Jamey Heath said Wednesday that, while Chow will release some new policy this fall, she will focus on "promoting and reinforcing" platform planks released last spring.

In the poll, John Tory led with 34 per cent, Ford had 31 per cent, Chow had 23 per cent, and David Soknacki had four per cent. Seven per cent said they didn't know who to support. The margin of error is plus or minus two percentage points, 19 times out of 20.

**Rebound**

**The mayor had not been higher than 27 per cent for four and a half months.**

- The poll suggests he has rebounded from his low point, during and soon after rehab, when he sank to 20 per cent and a Tory aide declared him "done."

The first night of polling resulted in Ford and Tory in a statistical tie within the margin of error. Forum polled for a second night to get a larger sample size, Bozinoff said.

Support for Ford grew six per cent from early August, while Tory dropped one per cent. Chow slid two per cent while Soknacki dropped by one per cent.

This was the first test of voter support since former TTC chair Karen Stintz quit the race. Some respondents who identified as former Stintz supporters migrated to fellow right-leaning centrist Tory, as expected, but more told Forum they had moved to the Ford camp.

Bozinoff said Ford "owns" the issues of low taxes, misspending and subways but "he has got to stay on message — no personal missteps."

Operating without the sophisticated campaigns of Tory and Chow, Ford has held only three policy announcements. He has commented on issues including the city's raccoon "problem," taken the ALS Ice Bucket Challenge, attended debates and received rock-star treatment at public events.

In a hypothetical three-way race without Soknacki, Tory had 36 per cent, Ford 31 per cent, Chow 26 per cent. Again, seven per cent said they didn't know. TORSTAR NEWS SERVICE

## THAT'S A PADDLIN'

**Ryerson University students and staff let out a big cheer in the quad after unofficially breaking the Guinness World Record for the most people playing paddle ball. Participants attempted to continually bounce a ball tethered to its paddle for 30 seconds. The unofficial number of people was 1,291. Breaking a Guinness record has become an annual orientation event on campus.**

CARLOS OSORIO/TORSTAR NEWS SERVICE

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Health

## Stay away from wild mushrooms, officials say

Public health authorities in Toronto are warning people not to eat wild mushrooms after a resident ate a poisonous variety and was hospitalized.

Toronto Public Health says the patient consumed a type of wild mushroom identified as Amanita, which it says can be fatal.

An official refused to comment on the patient's condition, citing confidentiality.

In a statement, the agency says some wild varieties may look similar to mushrooms that are safe to consume, but are in fact poisonous.

Symptoms most commonly associated with eating poisonous mushrooms include nausea, vomiting, stomach cramps and diarrhea. More severe symptoms include sweating, convulsions, hallucinations and coma. THE CANADIAN PRESS

Global Rainbow

## Lasers to lighten up Nuit Blanche

The international laser display Global Rainbow is coming to Toronto this October.

Created by New York artist Yvette Mattern, it has been displayed in cities around the world since 2009.

In Toronto, it will light up the night sky, casting beams of colours up to 60 kilometres.

The show will be part of the ninth edition of Scotiabank Nuit Blanche, an all-night arts festival scheduled for Oct. 4. THE CANADIAN PRESS

# 'I held her in my arms. She was trying to breathe'

**Interview.** Friends of Jelena Loncar recall the night she was fatally shot outside a downtown nightclub

Shannel Rogers, right, is consoled by Katherine Amanda Newton at their downtown condo Wednesday. The two friends comforted Jelena Loncar the morning she was fatally struck by a single bullet. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

Chaos followed the spray of bullets outside C Lounge Tuesday morning. Disoriented partiers — some initially believing the cracks and pops had been firecrackers — spread out, confused and afraid. Near the door to the downtown bar lay 32-year-old Jelena Loncar.

Through the crowd, the club's guest DJ Monday night, Shannel Rogers, who was celebrating her birthday, spotted her friend lying on the pavement and rushed over.

It wasn't immediately evident that Loncar had been shot, Rogers said. "Everybody thought she had just passed out."

But after she noticed a few drops of blood on Loncar's shirt, Rogers lifted it, finding a small gunshot wound to her chest, she said.

"I held her in my arms. She was trying to breathe," Rogers said in an interview Wednesday. "I said, 'Don't go, please don't go.'"

Loncar, a bartender who had just worked a shift at downtown bar Hunters Landing, was fatally struck by a single bullet just after 3:11 a.m. Tuesday, near Wellington and Spadina.

A 25-year-old man was also shot five to six times. He fled the scene on foot to a nearby gas station, leaving a trail of blood behind him.

On Tuesday, Halifax's Chronicle Herald identified the man as Tremaine Fraser, a former Cape Breton University basketball player originally from the Nova Scotia community of North Preston.

Toronto police would not confirm Fraser as the victim, but said earlier that the man, who is recovering in hospital, was known to them.

According to news reports at the time, Fraser was arrested after a shooting in Dartmouth, N.S., in the spring of 2011 and charged with 14 gun-related offences, but they were dropped in February 2012.

About 100 people attended the Monday party, known as "industry" night for the city's waiters and bartenders. Rogers, a DJ who goes by Shannel Best, had invited many of her friends to hear her set and celebrate her birthday.

She had asked Loncar — a friend she met a few years ago while working in a Toronto bar — to join in the festivities, and was happy when she saw a text from her early Monday night.

"I'm coming u better be ready cuz its gonna be a late night!" Loncar wrote at 5:21 p.m. "Sooo excited."

Rogers and friend Katherine Amanda Newton both say Loncar didn't arrive at the C Lounge until 3 a.m., when the bar had closed. Both women saw Loncar a few moments before the shooting — she had run up to Rogers to say happy birthday — then said she was walking toward a car when she was struck by the bullet.

Neither woman saw a shooter, or knows what connection Loncar may have had to the injured man. They are convinced Loncar was struck accidentally. TORSTAR NEWS SERVICE

Background

**Originally from Croatia, Jelena Loncar grew up in Niagara Falls and had been living in Toronto with her sister for the last few years, friends said.**

# Canadian satellite lost in space

**Went dark after launch.**
Is 'BRITE-Montreal' stuck inside its orbiting rocket?

Ground control to Mon-tre-al.

Researchers at the University of Toronto's Space Flight Laboratory are searching the skies for BRITE-Montreal, a million-dollar mini satellite missing since it left Earth.

BRITE-Montreal and BRITE-Toronto were launched into orbit from Russia June 19 as part of an international research project in which the University of Montreal and the University of Toronto play a major role. Since then, only BRITE-Toronto has been located.

The satellites (each the size of a car battery) were launched to study the sky's brightest stars and learn about their makeup.

When contact was made with "Toronto" shortly after launch, the satellite was found to be in good shape and had ejected cleanly at the proper orbit. "Montreal," on the other hand, cannot be reached.

The BRITE-Montreal satellite has not responded to signals from the lab and, after careful analysis of objects identified by NORAD as having separated from the launcher, nothing has been found in the "Montreal" orbit.

Mission controllers believe it's likely the wayward satellite is stuck inside the upper stage of the Russian rocket, still orbiting the Earth.

"We're convinced that BRITE-Montreal did not detach from the third stage of the launch vehicle," said University of British Columbia professor and BRITE team member Jaymie Matthews. "But there is still some hope that it will."

TORSTAR NEWS SERVICE

A Toronto Zoo employee holds a newly hatched Burmese star tortoise.
TORONTO ZOO HANDOUT/THE CANADIAN PRESS

# A star (tortoise) is born. Endangered breed now on display at Toronto Zoo

The first of a rare, endangered breed of tortoise to be hatched in Canada is now on display at the Toronto Zoo.

The Burmese star tortoise was born in early June, making the Toronto Zoo one of only a few North American facilities to hatch one.

The baby tortoise was hatched after a heavily monitored 135-day incubation. The egg was laid along with eight others in January of this year, and was the only fertile egg of the crop. But halfway through the incubation, staff discovered a small crack in the shell of the egg.

Staff used a small, ultra-sensitive microphone to monitor the embryo's heart rate to make sure it was progressing positively.

Burmese star tortoises, known for the distinctive star pattern on their shells, are found natively in forests in dry regions of Myanmar. Their population has been seriously affected by hunting for food and harvesting for the illegal pet trade, according to the U.S. Fish and Wildlife Service. Destruction of their habitats for agriculture has also helped put them on the endangered list.

In fact, this particular of species of tortoise is so endangered it has been listed as ecologically, or functionally, extinct, according to Dr. Andrew Lentini, a curatorial keeper of reptiles and amphibians at the zoo. TORSTAR NEWS SERVICE

Peel Region

## Hey teacher! Dress code's for you, too

School dress codes can put a "double standard" on students, and teachers need to make sure they practise what they preach.

That's according to Tony Pontes, director of education for Peel Region, who reminded members of the country's second-largest school board that books are often judged by their covers.

The address was inspired by the mother of a Peel student who last year was disciplined for wearing his pants too low on his hips and exposing his underwear, Pontes said. "When she went to the school, one of the first things she saw was a female teacher wearing a blouse that was overly revealing ... To the parent, there was a double standard." TORSTAR NEWS SERVICE

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# Why running away with the circus isn't

**Cirque du soleil.** Metro takes you behind the scenes, where performers push themselves to their limits while trying to keep a work-life balance

PHOEBE HO
toronto@metronews.ca

Cirque du soleil performers may not sleep in caravans, but pretty much everything else about the circus lifestyle rings true. They work long hours, put their bodies on the line every day and have to put their families on the back-burner.

It can be a lonely life. But many Cirque performers like Karl Lecuyer — playing the role of Mr. Microcosmos in the production Kurios, Cabinet of Curiosities, premiering in Toronto Thursday — have made it work. The trampolinist and father of two met his wife, a contortionist, on his last tour, and has found a way to start a family without settling down.

"I joined the circus single, then I came back home with a wife and two kids," he says. "So it's not true that when you're travelling away from home you can't build a family."

His family is now travelling with him while he continues the North American tour.

"Sometimes the kids are with one, sometimes the kids are with the other one," said Lecuyer, who adds that the arrangements can be challenging, but they're willing to make sacrifices to continue doing what they love.

After nine years on the road, artistic assistant Sheryl-Lynne Valensky says Skype is the key to maintaining her romantic relationship.

"Whenever I can, we get the Jet Lag song, 'It's morning, it's midnight, how was your day?' ... But you get used to it because it becomes your normal," she says. "When I go to England and John and I have two weeks together, we pack into those two weeks what people would normally pack into three months."

The performers get paid, "more than a teacher and less than a professional baseball player," according to Valensky. But it's not as glamourous as people think. It's physically demanding, they only go home a few weeks every year and are otherwise working six days a week — training and performing from morning to night.

"It's really important to keep a life balance, 'cause if all you do is eat, sleep, work, you'll go crazy," says she said. "We give them a little familiarity and then we turn it all upside down. It goes back to the old Cirque du soleil where it's really focusing on the acrobatics and the mechanics, rather than the technology." METRO

**Quoted**

**"It's really important to keep a life balance, 'cause if all you do is eat, sleep, work, you'll go crazy."**

Sheryl-Lynne Valensky,
about life on tour with Cirque du soleil

**Curious about Kurios?**

## *Behind the story*

Set in the late 1800s, the story about imagination and invention focuses on a curious man and his journey as he "unlocks the door to a world of wonders."

Kurios, the Quebec-based performing company's 35th production since 1984, has gotten rave reviews in Montreal and Quebec City in the last few months.

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# easy

Valensky. “I think the people that stay on tour the longest and love it the most are the ones that figure out a way to have a life on tour as well as do all the things that we have to do.”

With 46 artists coming from 13 different countries on the Kurios tour, Valensky says the most difficult thing for most artists isn’t necessarily jumping and flipping 10 metres into the air.

“Everyone has skills but they’ve trained a different way. They warm up a different way, so we have to find common ground ’cause we all have to work together,” she says. “We’re kind of like a mini United Nation. It’s all about negotiation, and sometimes mediation.”

Tough as it is, it’s the life head coach Alexander Pikhienko has come to love.

“I’m travelling 40 years now. I just adjust my life, I can’t stay home,” he said.

“I tried. I switched to the Las Vegas division, and after two years I decided to go back to tour.”

Cirque du soleil performer James Eulises Gonzales balances on cylinders and planks for his Rola Bola act.
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Prince Edward Island Premier Robert Ghiz. THE CANADIAN PRESS

# Leaders calling for forum on murdered aboriginal women

Canada's premiers and aboriginal leaders are inviting the federal government to participate in a roundtable to address the high number of native women who are missing and murdered.

Premier Robert Ghiz of Prince Edward Island said while the premiers and native leaders would still like to see a public inquiry, they agreed to a compromise in the hopes of federal involvement.

"If we know we're not going to get somewhere, there's no point in us putting our head in the sand and saying, 'OK, we're done with it,'" Ghiz told a news conference Wednesday after hosting a meeting with aboriginal leaders and his provincial counterparts in Charlottetown.

"We believe that it's better to compromise and open up the first line of discussions rather than to just sit back and say, 'Well, I guess we'll wait for the next election and see what happens.'"

Ghiz said he would like to see federal cabinet ministers such as those in the portfolios of justice and aboriginal affairs participate in the roundtable.

THE CANADIAN PRESS

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Israeli Prime Minister Benjamin Netanyahu, left, declares victory during a news weapon during a celebration in Gaza City. Both sides of the Hamas-Israeli

SEBASTIAN SCHEINER/THE ASSOCIATED PRESS; RIGHT: ADEL HANA/THE ASSOCIATED PRESS

# Israel's PM both claim

**Open-ended truce.** Badly battered Hamas remains in control of blockaded Gaza, with part of its military arsenal intact

Both Israel's prime minister and Hamas declared victory Wednesday in the Gaza war, though their competing claims left questions over future terms of their uneasy peace still lingering.

Israeli Prime Minister Benjamin Netanyahu's comments, delivered in a prime-time address on national television, appeared aimed at countering critics of the war, with both hard-liners in his governing coalition, as well as residents of rocket-scarred southern Israel, saying the war was a failure because it did not halt Hamas' rocket attacks or oust the group from power.

Masked Hamas militants carrying heavy weapons gave their own address upon the rubble of one destroyed Gaza neighbourhood, though their own major demands won't be addressed until indirect talks with Israel begin again in Cairo.

Israel and Hamas agreed to an open-ended truce Tuesday, with each side settling for an ambiguous interim agreement in exchange for a period of calm. Hamas, though badly battered, remains in control of Gaza with part of its military arsenal intact. Israel and Egypt will continue to control access to blockaded Gaza, despite Hamas' long-running demand that the border closures imposed in 2007 be lifted.

Hamas is seeking an end to the Israeli blockade, including the reopening of Gaza's sea and airport. It also wants Egypt to reopen its Rafah border crossing, the territory's main gateway to the outside world. Under the restrictions, virtually all of Gaza's 1.8 million people cannot trade or travel. Only a few thousand are able to leave the coastal territory every month.

Israel, meanwhile, wants Hamas to be disarmed.

"Hamas was hit hard and it

conference in Jerusalem, Wednesday. At right, a Hamas masked militant holds a conflict declared themselves winners Wednesday after agreeing to a ceasefire.

# and Hamas victory

received not one of the demands it set forth for a ceasefire, not one," Netanyahu said. He said Israel "will not tolerate" any more rocket fire, and would respond "even harder" if the attacks resume.

Addressing the future of Gaza, Netanyahu said that should Palestinian President Mahmoud Abbas "choose peace," he would be happy for the Palestinian leader to regain control of the coastal enclave, which the Islamic militant group Hamas has ruled since it routed Abbas' forces in 2007. Netanyahu indicated that so long as Hamas was in power, reaching a negotiated solution to the conflict with the Palestinians was impossible.

Critics have said that Netanyahu did not go far enough to topple Hamas and that the war, meant to end incessant rocket fire on communities in Israel's south, changed little on the ground at the cost of 70 people killed on the Israeli side, all but six soldiers. The war marked the third round of fighting since Hamas seized power in Gaza.

"Both sides did not exactly want this campaign, both sides made all possible errors dragging them into it, and both sides find themselves today returning to square one, where they were at the start of the warfare," wrote Alex Fishman in the Yediot Ahronot daily newspaper.

Much of the criticism has come from residents of southern Israeli communities, thousands of whom fled their homes to seek safer areas during the war. They complain they have lived under rocket barrages for more than a decade without any change.

Many said they were reluctant to return to their homes, fearing that the ceasefire did not secure an end to rocket and mortar fire on their communities.

"There is a lot of concern and a lot of uncertainty and we want quiet already, but a real quiet, not something bogus and not a ceasefire that lasts just a few days," Liraz Levy, a resident of Kibbutz Nirim near Gaza, told Israeli television broadcaster Channel 10. THE ASSOCIATED PRESS

**Baby-trafficking scandal**

## Head of Niger parliament flees country

The president of Niger's National Assembly has fled the country after his immunity was lifted so he could be questioned about a baby-trafficking scandal that has shaken the country's political class.

A statement read out on state television Wednesday night says Hama Amadou fled for neighbouring Burkina Faso. Amadou's wife, the country's agriculture minister, and 16 other people have already been arrested over their suspected links to the network involving the trafficking of babies from neighbouring Nigeria.

The announcement that Amadou had fled came just hours after members of Niger's parliament lifted his immunity. THE ASSOCIATED PRESS

**Iqaluit**

## Fire crews work to extinguish 'dumpcano'

Fire crews are getting ready to start pumping water on a fire in the Iqaluit city dump that has been smouldering since May.

"We're trying to set up and trying to put water onto this thing," fire chief Luc Grandmaison said Wednesday.

"We're putting all the equipment together and (hope to) be able to pump from the sea."

The fire, known locally as the "dumpcano," has been burning deep within a massive pile of garbage.

The combustion is centred somewhere within untold numbers of household garbage bags, in a section of the dump about the size of a football field and up to four storeys deep.

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# St. Mary's unveils new initiatives a year after 'rape chant' incident

**'Commitment' to safety.** Code-of-conduct revamp, workshops and new orientation style among changes highlighted

STEPHANIE TAYLOR
halifax@metronews.ca

Nearly a year after Saint Mary's University in Nova Scotia made national headlines for the infamous "rape chant" incident, student Katelyn McLeod believes it's time to move on.

"Just because of that one bad incident it put a black name on us," the fourth-year psychology major said Wednesday.

She described that following the aftermath of the event, where a video went viral showing a group of frosh week leaders leading students in a chant glorifying non-consensual sex with underage girls, the student body has been under fire from the community.

Dr. Colin Dodds, president of Saint Mary's University, speaks during a news conference on the school's campus on Wednesday. PATRICK MCKENNA/FOR METRO

"Everyone around us judged us," she said. "As a student, when you say you are from SMU, everyone was like, 'Oh, were you a part of the (chant)?'"

But McLeod isn't the only one ready for a reputation change. In a news conference Wednesday, members of a university action team formed in response to last year's incident unveiled a number of new initiatives the university has launched to prevent sexual violence on campus.

"Our commitment is to have ... promotion of a safe, inclusive, respectful working environment for our students, our faculty, our staff and the wider community," university president Dr. Colin Dodds said.

Dr. Esther Enns, dean of the university's faculty of education, chaired the panel as they gave a six-month update on a list of 20 recommendations they were tasked with implementing. Creating an understanding around consent was one of the top priorities.

"(Consent) is a safety issue for us at the university and it's a safety issue at any university," she said.

One of main changes includes the introduction of a new set of training safety videos that debunk myths around sexual assault.

Revamping the university's code of conduct to take more action against sexual violence, planning a number of workshops on sexual health and the launch of a new style of orientation called Welcome Week were among the other changes highlighted.

"(Orientation) isn't about the one or two weeks at the beginning of September," said student union executive vice-president James Patriquin. "We've realized that driving cultural change is a year-long process."

London, Ont.

## Western Gazette pulls controversial articles from site

Western University's student newspaper in London, Ont., has apologized and pulled three controversial articles from its website.

The Western Gazette's editorial board issued a statement Wednesday afternoon saying, in part, "our aim was to put out an entertaining issue for first-year students and Western as a whole. It's clear that we have failed to do that and, for that, we apologize."

The articles, one of which advised stalking teaching assistants on social media to score a date, sparked furor on social media over the weekend.

Critics said the other two articles that have been pulled promoted drinking and gave a guide to drug use.

All appeared in the paper's Frosh Issue.

ANGELA MULLINS/ METRO IN LONDON, ONT.

Study

## Police becoming first line of contact with mentally ill

There has been a significant increase in the number of interactions between police and people with mental illness over the past five to seven years, says a new report by the Mental Health Commission of Canada.

Law enforcement agencies across the country have warned repeatedly that police are becoming the first line of contact for the mentally ill. The report, released Wednesday, said a lack of treatment and support, along with the stigma of mental illness, leave police to deal with those in crisis.

"I think we'd all agree that certainly in many communities there's a need for more — and more accessible — mental-health community programming and services for many of these people that police ultimately end up interacting with," said Dr. Terry Coleman, one of the report's two authors.

THE CANADIAN PRESS

## Canine Mountie going back to work after partner's death

RCMP dog Danny, seen here sniffing the Stetson of his partner, slain Const. David Ross, during a funeral procession in Moncton, N.B., on June 10, is going back to work. The German shepherd has been spending time at the RCMP Police Dog Service Training centre in the central Alberta community of Innisfail. An RCMP spokesman says Danny has been re-training and bonding with a new handler, and the pair is expected to return to policing "in the near future." ANDREW VAUGHAN/THE CANADIAN PRESS

# Mother of journalist held hostage by ISIS appeals for release

**Pleading for Steven Sotloff.** The militant group has threatened to kill him unless the U.S. stops airstrikes in Iraq

This image from an undated video released on Aug. 19 purports to show journalist Steven Sotloff being held by ISIS militants. THE ASSOCIATED PRESS

The mother of an American freelance journalist who is being held hostage and threatened with death by militants of the Islamic State of Iraq and Syria (ISIS) pleaded for his release Wednesday in a video message to his captors.

Shirley Sotloff, who lives in the Miami area, addressed the leader of ISIS in seeking the return of Steven Sotloff, 31. Shirley Sotloff said her son shouldn't pay for U.S. government actions in the Middle East over which he has no control, and that as a journalist he cared about the weak and oppressed.

"I want what every mother wants: To live to see her children's children," she said.

Shirley Sotloff cited by name the leader of ISIS, Abu Bakr al-Baghdadi, who has described himself as a caliph intending to lead the Muslim world. She asks him to show mercy and follow the example of the prophet Muhammad in protecting people of Muslim, Jewish and Christian faiths.

The video was aired on the Al-Arabiya television network.

Sotloff was last seen in August 2013 in Syria. He was threatened with death by the militants demanding the U.S. to stop air strikes on the group in Iraq. The same video showed the beheading of fellow American journalist James Foley. THE ASSOCIATED PRESS

# Q&A: Foreigners take up arms

Douglas McAuthur McCain, an American killed in Syria while fighting with ISIS, was part of a growing number of Americans and other foreigners recruited by terror groups to help them wage war in the Mideast.

White House press secretary Josh Earnest confirmed Wednesday that McCain was fighting for militants in Syria joining thousands of combatants from around 50 countries. Some questions and answers about Westerners travelling to join the battle in Syria:

**Who are these travellers?**

FBI Director James Comey said in June that roughly 100 people had left the United States to join the conflict in Syria. His estimate came during a visit to Minnesota, where several young Somali-Americans had lived before travelling to Somalia in recent years to help expel Ethiopian troops seen as invaders. Comey said the new wave of travellers to Syria was not coming from any particular part of the United States.

Douglas McAuthur McCain
THE ASSOCIATED PRESS

**How do they get to Syria?**

One thing that makes Syria such a problem is that it's so easy to get to, said Evan Kohlmann, who tracks terrorists and terror activity as chief information officer at Flashpoint Global Partners. Turkey gets direct flights from the United States and Europe. From there, it's a short drive to the Syrian border, he said.

**What motivates them?**

Those who are lured to the fighting tend to be young men from 18 to 30 who are disenfranchised from society and withdrawn, said Minneapolis FBI spokesman Kyle Loven.

"These are individuals that are seeking a sense of belonging. They are seeking a higher purpose," said Colin Clarke, a political scientist at the RAND Corporation. "They believe that by travelling to fight with a group like (ISIS) they will be able to achieve martyrdom," he said. THE ASSOCIATED PRESS

**Syrian airstrikes**

## Obama faces questions of congressional authorization

A year ago, President Barack Obama was contemplating airstrikes in Syria when he announced that he wanted approval from Congress. Now, the White House suggests approval may not be necessary. White House spokesman Josh Earnest said the situation this time is "markedly different" given the threat of Islamic militants. THE ASSOCIATED PRESS

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# Researchers test adaptability of the 'walking' fish

**Walk, don't swim.** Scientists have found the Polypterus fish is able to walk more efficiently if living exclusively on land

A polypterus senegalus, or "walking fish," walks by using its fins and body for support. ANTOINE MORIN/THE CANADIAN PRESS

Research conducted at McGill University has studied the effect of a lifetime of walking on a certain type of fish.

The findings, published in the journal Nature, suggest much about the evolution of anatomy such as arms and legs.

"What we wanted to pin down was: If you change the environment of this fish, does it change its behaviour or does its anatomy change?" said Emily Standen, now at the University of Ottawa.

Her team started with a fish called Polypterus, a fish with both lungs and gills that can live in water or on land. Standen divided their fish into two groups — half on land, half in water. The team found the fish on land developed beefier muscles and became more efficient walkers than their marine counterparts.

Standen said plasticity (a term scientists use to describe an animal's capacity to adapt) in this case indicates animals have an inherent ability to evolve and live in novel environments. THE CANADIAN PRESS

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# Uzi accident stirs kids and guns debate

**Girl, 9, kills instructor.** Comments on social media question why child was allowed to use automatic weapon

The death of a firing-range instructor at the hands of a nine-year-old girl bracing an Uzi submachine gun has set off a powerful debate over youngsters and guns, with many people wondering what sort of parents would let a child handle an Uzi.

As the girl opened fire at a target, the recoil wrenched the fully automatic weapon upward, and the instructor Charles Vacca, 39, was shot in the head and killed Monday at the Last Stop outdoor shooting range in Arizona.

Many on social media expressed sympathy for the girl while questioning whether the adults at the gun range were to blame.

Sam Scarmardo, who operates the shooting range, said Wednesday that the girl's parents had signed waivers saying they understood the rules of the range and were standing nearby, video-recording their daughter, when the accident happened.

THE ASSOCIATED PRESS

**Pro-gun culture**

Arizona has long had a strong pro-gun culture, including weapon ranges that promote events for children and offer people the thrill of firing weapons such as the Uzi which are generally illegal to own.

## TV show turns fatally real

A crime lab technician walks past bullet-riddled windows at a Wendy's in Omaha, Neb., Wednesday. A crew member with the Cops reality TV show was killed when police interrupted a robbery Tuesday night at the fast-food restaurant and opened fire on a suspect who also died, the production company behind the television show said Wednesday. NATI HARNIK/THE ASSOCIATED PRESS

**Chicago lawsuit**

## Men claim driver ordered them out for kissing in cab

Two Chicago men sued a taxi company this week, alleging a driver tried to kick them out of his cab because they shared a short kiss.

The lawsuit contends Matthew McCrea gave Steven White, his boyfriend, a one-second-long kiss during a ride from the airport, the Chicago Sun-Times reported. The men said the driver then pulled over on the expressway and ordered them out of the cab.

The driver, who is not named in the lawsuit, previously told the Sun-Times he pulled the car over to ask the couple to stop kissing, but he wasn't kicking them out. THE ASSOCIATED PRESS

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## Lennon's killer sorry for being 'an idiot'

John Lennon, front, and Paul McCartney, perform during a Beatles concert in Cincinnati in this 1964 photo. Lennon's imprisoned killer Mark David Chapman told a parole board last week that he still gets letters about the pain he caused in his pursuit of notoriety nearly 34 years ago. "I am sorry for causing that type of pain," Chapman said, according to a transcript released Wednesday. "I am sorry for being such an idiot and choosing the wrong way for glory." WALT BURTON/THE ASSOCIATED PRESS FILE

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# France questions IMF chief in corruption case

**Christine Lagarde.**
Case involves payment to businessman in a dispute over the sale of his stake in Adidas

Christine Lagarde, the chief of the International Monetary Fund, was put under official investigation for negligence in a French corruption probe that dates back to her days as France's finance minister.

After a fourth round of questioning on Wednesday, Lagarde said she was returning to her work in Washington, and called the investigation "without basis."

Lagarde and her former chief of staff have faced questions about their role in an arbitration ruling that handed 400 million euros to Bernard Tapie, a flamboyant businessman, in a dispute over the sale of his majority stake in sportswear company Adidas in the mid-1990s. Tapie asked bank Credit Lyonnais to handle the deal. He felt the sale was mishandled and sued the bank, which at the time was owned by the French state.

IMF chief Christine Lagarde.
CHRISTOPHE ENA/THE ASSOCIATED PRESS FILE

At the heart of Lagarde's questioning was her role in the unusual decision to handle the case by private arbitration, rather than through the French legal system. Critics say the case should not have gone to arbitration because state funds were involved. Many also felt the deal was too generous, and was symptomatic of the cozy relationship between money and political power in France.

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Survivor Rupinder Kang
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# Study: Hunger may be stunting Inuit kids' growth

**Food insecurity.** Paper published in Canadian health journal raises concerns of 'long-term implications' for kids in Arctic Quebec

Hunger among Inuit families is so prevalent in Arctic Quebec that it could explain why almost half their children are shorter than average, new research suggests.

A paper published in the Journal of the Canadian Public Health Association says the height discrepancy implies that food insecurity is a long-running problem — not just something that happens occasionally.

"The observed association between food insecurity and linear growth suggests that the diet quality and quantity of children from food-insecure households had been compromised for a long time," the paper says.

There have been numerous studies in recent years documenting food insecurity in the North, which is defined as occurring when a family feels there isn't enough on the table and either children or adults have to eat less as a result.

Wednesday's study by researchers affiliated with Laval University is believed to be the first to look into the physical consequences. They looked at 294 children between the ages of eight and 14 from several villages in Nunavik, the name for northern Quebec. About half of those children came from homes considered food-insecure. They found a high correlation between slow growth rates and food insecurity.

"Food-insecure children were significantly shorter in stature, by an average of two centimetres, than their food-secure counterparts," the report says. "For children of this age group, this is close to half a year's growth."

They also found children from hungry families tended to be more anemic.

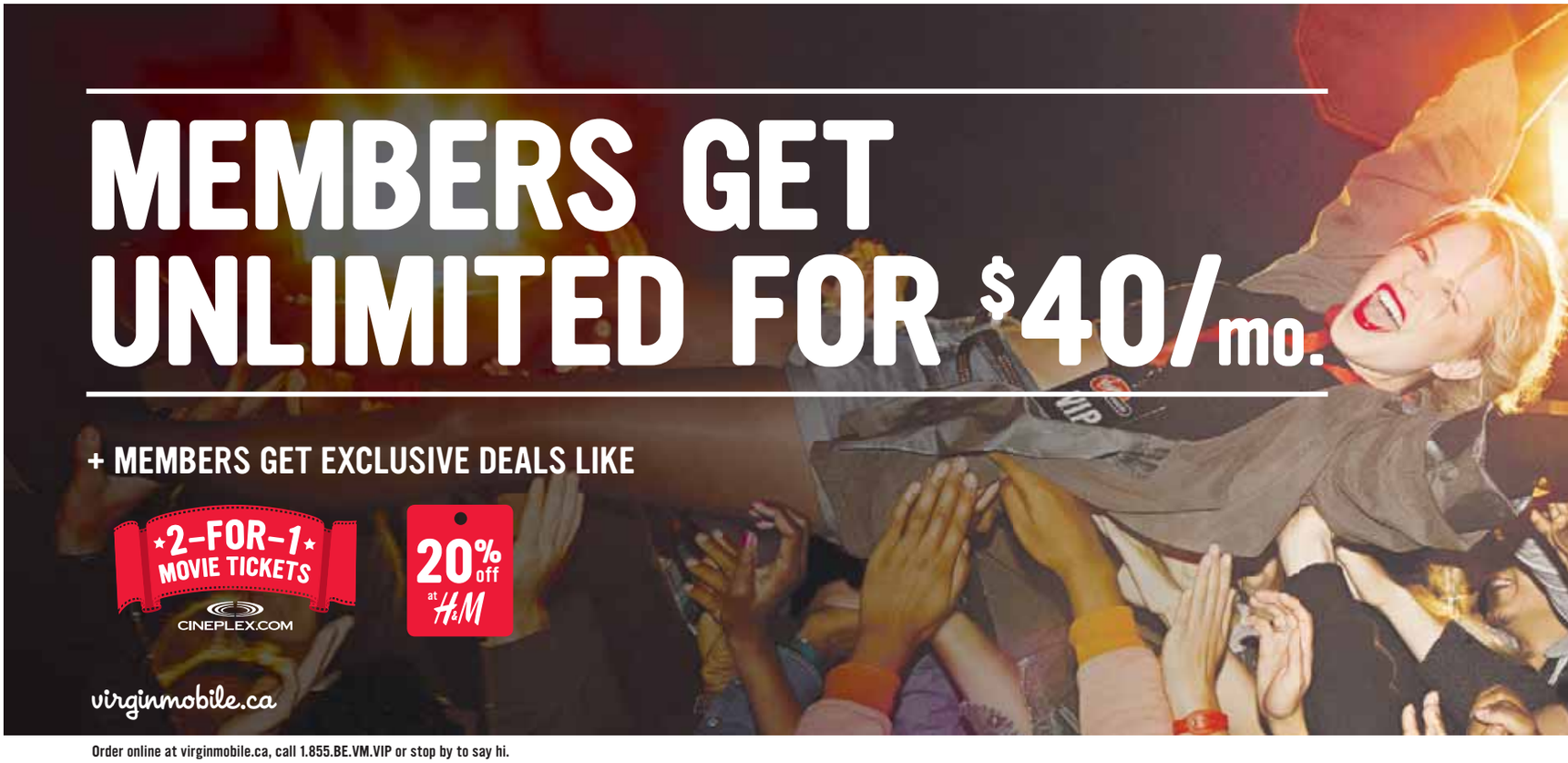
"The results of this study raise concerns about the long-term implications of food insecurity for Nunavik," the report concludes.

THE CANADIAN PRESS

## Hurricane Marie whipping up wicked waves

A boogie boarder rides a wave in Newport Beach, Calif., on Wednesday. Southern California beachgoers experienced surf much higher than normal, brought on as Hurricane Marie spun off the coast of Mexico.

CHRIS CARLSON/THE ASSOCIATED PRESS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# Canadians pay high price for paper bills, statements: Report

**Roughly $500M high.**
As much as $102M in fees are being paid by low-income Canadians, seniors who don't have Internet access at home

Canadians are probably paying more than half a billion dollars a year to receive printed bills and bank statements by mail, suggests a report released Wednesday by the Public Interest Advocacy Centre.

The consumer research organization polled more than 2,000 Canadians and found about three-quarters of the respondents objected to being charged fees for paper copies of their bills and balances.

One in three said they were uncomfortable with making the switch to e-billing or online banking. About 43 per cent said they could recall being notified by at least one company that they would have to pay to continue receiving bills or bank balances by mail, and just over half of those survey respondents said they accepted the charge.

While there are no official numbers disclosed by the banking and telecommunications industries stating how much money is being paid annually for paper bills and balances, PIAC estimates the total is "conservatively" between $495 million and $734 million, plus taxes. As much as $102 million in fees are being paid by low-income Canadians and seniors who don't have Internet access at home or don't use computers, suggests the report, which was funded in part by Industry Canada.

John Lawford, PIAC executive director, said he'd love for companies to reveal exactly how much they collect for paper bills. "They don't want to release it because it's supposedly competitively sensitive, which I don't really think it is ... and then secondly I think it's embarrassing."

THE CANADIAN PRESS

**New agreement?**

**On Thursday, the country's big telecommunications companies are set to meet with the CRTC about the issue, and an agenda suggests there could be a new agreement reached by the end of the day, with a media event to follow.**

- Lawford said he's not feeling overly optimistic.

## Suzuki caught in spider web

Spiders have forced Suzuki to recall more than 19,000 midsize cars. The automaker says spider webs can clog a fuel-vapour vent hose in some 2010 to 2013 Kizashi cars, cutting off air flow. If that happens, it can cause the gas tank to deform, causing cracks, fuel leaks and possible fires. The recall was prompted by reports of the problem. Service centres will replace the vent line with one that has a filter on the end. They'll also replace gas tanks if necessary. The problem hasn't caused any accidents or injuries in the U.S., Suzuki said in documents posted Wednesday by the National Highway Traffic Safety Administration. Owners will be notified this month. Those with questions can call Suzuki customer service at (800) 934-0934. GETTY IMAGES FILE

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# Social media storm prompts shirt recall

**'Nothing to do with the Second World War.'** Retailer says the shirt was designed to be part of a Wild West clothing theme

Spanish fashion retailer Inditex said Wednesday it has withdrawn a children's shirt that triggered an outcry from people who said it was reminiscent of the clothes Jews were made to wear at Nazi concentration camps.

The long-sleeved shirt with horizontal dark stripes and a six-pointed yellow star on the left side of the chest prompted a storm on social media, with many people finding the shirt distasteful because it conjured up memories of the Holocaust.

The shirt that sparked outrage from people who said it was reminiscent of the clothes Jews were made to wear at Nazi concentration camps. SCREENSHOT

"It was only on sale for a few hours, only online. It didn't hit the stores," said a spokeswoman for Inditex, which owns the chain Zara, where the shirt was sold. "It was withdrawn this morning."

Inditex said the shirt was designed to be part of a Wild West clothing theme and the star was intended as a sheriff's badge and had "nothing to do with the Second World War."

Jews and others detained in the WWII camps by the Nazis were made to wear pajama-type clothing with dark vertical stripes. During the war the Nazis also made some Jews wear yellow stars on their chest as part of a discrimination policy.

THE ASSOCIATED PRESS

**Lacey Jonas**

## Lohan sued for publicity: Video-game makers

The makers of the Grand Theft Auto video games say Lindsay Lohan sued to get attention when she asserted the games' latest instalment features a character based on her.

In court papers made public Tuesday, Take-Two Interactive Software Inc. maintains the suit was "filed for publicity purposes." THE ASSOCIATED PRESS

**Online network**

## Quite a Twitch

Online network Twitch, which boasts 55 million monthly users — most of whom watch live and recorded footage of other people playing video games — has become one of the world's biggest sources of Internet traffic.

Amazon's commitment to purchase Twitch for nearly $1 billion this week is an acknowledgement that the service's loyal fan base present enormous opportunity. THE ASSOCIATED PRESS

**Market Minute**

**DOLLAR** 92.12¢ (+0.81¢)

**TSX** 15,602.65 (-16.56)

**OIL** $93.88 (+0.2¢)

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# SLOVENLY MAN'S GUIDE TO BEING A GOOD ROOMIE

HE SAYS

**John Mazerolle**
metronews.ca

As students head out to university, many for the first time, it's important to consider how to find a roommate and how to ensure they do all the cleaning.

Trust me, kids. Cleaning is the worst. For reasons that are now becoming clear to me, it's been many years since I've had a roommate.

But if there's one thing I took away from my time sharing a space with a near-stranger, it's that if he bought all the cleaning supplies, then clearly he should do the cleaning. It's the same setup as when I was with my parents. What could be more homey?

It's a simple matter of compatibility.

If I found a dead animal in my apartment, I would put a Glade Plug-In in its mouth and maybe Febreeze the carcass, if I thought it needed it. Balance dictates that my roommate should be a neat freak who wipes down surfaces even when — get this — there is nothing growing on them.

Cleanliness out of the way, here are a few basic guidelines that will get you and your roomie off to a great start:

**Screening your roommate:**

• Discover who is the alpha by pecking at the person's head until someone relents.

• Be sure to complete BuzzFeed's What Kind of Roommate Are You? quiz.

• Things will run more smoothly if you choose someone on the same schedule as you: Up past midnight procrastinating, a two-hour anxiety wakeup between 3 and 5, and a panicked 7:45 scramble to your 8 a.m. class.

**Settling in:**

• Get out ahead on being "the weird one."

• Agree on a theme for the apartment, such as Arabian Nights or The Blair Witch Project.

• It's customary to say a few words about the Eternally Soaking Frying Pan before you place it in the sink, never to be removed again.

• Explain to your roommate early on that you are the type of person who would prefer not to be murdered in your sleep, so as to avoid any future arguments.

**Long-term compatibility:**

• In today's post 9/11 world, NEVER leave your bags alone in your apartment.

• If your roommate has a boyfriend or girlfriend, put them at ease by letting them know that they can make as much noise in the bedroom as they want, morning, noon or night.

• If your roommate is doing all the maintenance, ask for a rent reduction since they're obviously getting more out of the place.

• Remember that the passive aggressiveness you cultivate with your roommate will be useful as you climb the corporate ladder and navigate your first couple of marriages.

• Don't let things fester, especially flesh wounds.

• You paid half the damage deposit. You get to smash only your half.

• If you're both jerkwads, get a reality-TV camera crew in there, stat. If you're both happy and laughing all the time, consider stock photography. And remember, if you have any run-ins with your roommate, the simplest solution is to come clean. As always, leave that to him.

## Paint the town tomate

People throw tomatoes at each other, during the annual "tomatina" tomato fight fiesta in the village of Bunol, 50 kilometres outside Valencia, Spain, Wednesday. ALBERTO SAIZ/THE ASSOCIATED PRESS

### Spanish village goes pulp after annual tomato fight fest

The streets of an eastern Spanish town were awash with red pulp today, as thousands of people pelted each other with tomatoes during Tomatina, the world's most famous food fight.

Every year, the fiesta begins at around 10 a.m. with what's known as the palo jabon, in which brave revellers attempt to climb a greased pole to reach a ham, which has been placed at the top.

Then a loud signal begins the onslaught of tomato madness. Tonnes and tonnes of specially grown tomatoes are thrown into the town's main plaza, where they're crushed, so as not to cause injury.

The fight lasts an hour and covers the whole town square with red pulp. A large-scale cleaning operation ensues, involving fire hoses.

This is the second year non-resident participants were charged to take part. The town of about 20,000 people began charging to help pay off debts of some 5.5 million euros.

DAILYMAIL.CO.UK

**By the numbers**

## 125 tonnes

Amount of tomatoes dumped by trucks for 22,000 participants to pelt each other with.

MetroTube

## Urban elites: That's not how you eat sushi

ANDREW FIFIELD
andrew.fifield@metronews.ca

**We're all sophisticated city folk, right? We're urban elites, which means we like to fill the time between latte-sipping with such highbrow pursuits as eating sushi. But you can't just go stuffing it in your face like some kind of animal. A delicate dish deserves a delicate touch, and sushi chef Naomichi Yasuda is happy to teach us. (YouTube/Munchies)**

THE CANADIAN PRESS FILE

**Letters**

**Re: Indian youth celebrate Janmashtami festival, published Aug. 18. 2014**

Last week, your paper carried an article about the festival "Janmasthami," which marks the birth of Krishna. The news item made a silly, sour reference to the divine representation, by using the expression "The Hindu God Krishna". One feels transported to the 18th or 19th century, when sundry travellers and Christian missionaries would use this type of terminology. "Krishna" is God represented in a certain manner, anthropomorphically. The supreme being is simply depicted in that way. It is not "God" apart from "God" in the Christian religion or "Allah" in Islam, or Yahweh in Judaic lore. It's the same God, that is the belief. **Varun Shekhar, Toronto**

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*In this issue, you can find AR enhancements on page 23 in Scene and page 34 in Sports.*

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SCENE

# Twin Peaks, 25 years later

**Reunion.** The cast of the wildly popular 1990s show will be at FanExpo this weekend

BACKSTAGE PASS
Ian Gormely
scene@metronews.ca

Who killed Laura Palmer?

It was the question on the minds of TV viewers everywhere in the summer of 1990. Her body, found in the opening minutes of the pilot to Twin Peaks, laid the groundwork for what's now referred to as television's Golden Age.

"We knew it was something different, something strangely wonderful and something that would be special," says Ray Wise, who played Laura's grieving father, Leland. "But we had no idea that it would catch on the way that it did and become the overnight sensation that it became."

Twin Peaks sprang from the minds of Mark Frost, who had written for groundbreaking police drama Hill Street Blues, and film director David Lynch.

The show's surrealist tone, open-ended narrative and high-end production values set it apart from contemporary dramas like L.A. Law and paved the way for today's cable giants like the Sopranos, Breaking Bad and Lost.

Despite the show's rapid rise, ratings declined in its second season. ABC, which aired the show, demanded that Frost and Lynch wrap up the mystery of Laura Palmer's killer. With its central narrative resolved the show drifted. It was cancelled in 1991.

"I think if David would have had his druthers he would have kept the death of Laura story going longer," says Wise. "It got a little too diffused. It didn't have the drive and focus of the original season."

Yet Twin Peaks continues to be a cultural touchstone. The University of Southern California has curriculum dedicated to the program and the atmospheric music Angelo Badalamenti composed for the show has found a new generation of admirers.

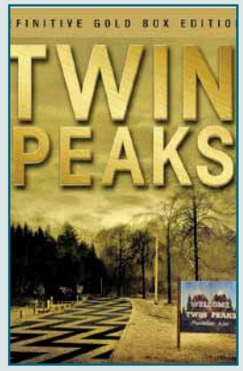
"It certainly was something that was pretty phenomenal for its time or any time. I don't think we'll ever seen the like of it again."

The 25th anniversary cast reunion is Saturday at noon as part of FanExpo at the Metro Toronto Convention Centre. 255 Front St. W. See fanexpocanada.com.

Ray Wise will be at FanExpo Saturday along with Sheryl Lee and Sherilyn Fenn for a Twin Peaks cast reunion. CONTRIBUTED

**On DVD**

The Twin Peaks cast reunion at this weekend's FanExpo coincides with the new Blu-Ray release of the original show. Dubbed the Entire Mystery, the new set includes the original 30 episodes from the show's two seasons, both the American and European cuts of the pilot and the prequel film Twin Peaks: Fire Walk With Me. Best of all, Lynch unearthed 90 minutes of material cut from the film, all included here. "It has everything you'd ever want to know about Twin Peaks," says Wise. "They didn't miss a trick."

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# The boys flip the bird at mainstream TV

**Swearnet.** Sunnyvale's foul-mouthed trio ditch their Trailer Park alter egos and get autobiographical

STEVE GOW
scene@metronews.ca

The artists formerly known as the Trailer Park Boys have found themselves a new set of characters to play — themselves.

In their latest comedy Swearnet, actors Mike Smith, Robb Wells and J.P. Tremblay play fictionalized versions of themselves so frustrated with the confines of mainstream television, they decide to start an online network where cursing is celebrated. As outrageous as that sounds, the premise is actually semi-autobiographical.

"A lot of it was taken from real life," explained Tremblay recently. "We pitched some TV show ideas to networks and (they'd ask) is this going to go as the Trailer Park Boy characters. It was kind of frustrating."

It wasn't a surprising turn of events. The boys witnessed their host network (Showcase) become increasingly restrictive with swearing as the popularity of the show grew over its seven seasons.

"They had basically changed their format," said Smith about the network whose logo used to be Television Without Borders.

"They had very specific borders so it didn't really fit in there anymore and you can't be bleeping that show. You don't really notice how much swearing there is because it's just natural. Once you bleep it, you notice it."

What shouldn't be too surprising is Swearnet's stunning amount of cursing. In fact, the film is so chock full of foul language, audiences tend to become numb to the depravity. As Smith points out, "you don't realize you're listening to a world record being set."

In a sort of meta-twist, the Halifax threesome aren't just releasing the movie this Friday; they are actually starting up Swearnet and hope to populate the web-based network with all sorts of curse-laden programs.

"Ideally, we would like to get it to the point where we could have some version of a morning show and news and weather and sports — anything you see on a regular network," said Smith.

"But on these shows people swear, they just talk the way people talk."

**On being censored**

**"It was really frustrating us because without swearing it totally changes our comedy, our sense of humour," said Tremblay. "It's an important tool to what we do and what we write."**

**AUGMENTED REALITY**

→ We have to bleep out all the swearing in this trailer, but you get the idea! Scan this photo with your Metro News app to see the clip!

→ See the full instructions on Metro's Voices page.

Robb Wells, Mike Smith and J.P. Tremblay leave their Trailer Park Boys personas behind and play themselves in Swearnet, which opens this Friday.
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BACK TO SCHOOL

Thursday, Aug. 28, 2014

# Pack healthy, school-friendly lunches

**Food fights.** Give your kids something they are going to eat

JACQUELINE KOVACS
For Metro

Of all the routines associated with kids going back to school, it's packing the lunch that fills most parents with dread. And no wonder: not only do you have to worry about sending something your child will actually eat, but you also have to consider their school's policies around food.

That's why registered nutritionist Lianne Phillipson-Webb, founder of SproutRight.com, says your first step is to find out if your child's school allows such foods as fish, egg, and dairy (nuts and tree nuts are always a no-no). Beyond that, she says, making tasty, healthy lunches is both easy and a great learning opportunity for children. Here's why.

## Get buy-in

Let your child know the formula and fill in a chart together with the different foods they like. Explain that they can choose from that chart for their lunch everyday — the two of you can even plan a week in advance to stave off morning-rush panic. Then you can be confident you're not sending them off with something they don't like and you've hit lunch nirvana, right?

## Hand it over

If only. Sometimes that lunch you've packed comes right back home with barely a nibble gone. What then? "You say, 'That's it. I'm not packing your lunch anymore,'" said Phillipson-Webb, "and you have them make their lunches, using the formula." Take them shopping with you, she said. They'll be more inclined to eat something they helped buy and then put together themselves.

Plus, said Phillipson-Webb, when kids make their own lunches they give themselves the right quantity. "Little tummies can get overwhelmed when parents pack too much food," she said, "and then they might just reject the whole thing." Packing their own lunches also teaches kids which foods can sit in their bag for a few hours and still taste good at lunch. "It empowers them," she said.

## No junk food

The one area that parents shouldn't hand over, though, is the quality of food their child takes to school. "I don't think there's a place for junk food in school," said Phillipson-Webb. "These kids are going there to learn and if you feed their bellies with the empty calories of sugary pop, chocolate bars, and chips, they're going to feel good for half and hour and then they're going to crash."

That crash makes it difficult for children to concentrate and behave — directly impacting their ability to learn. "Set a precedent," says Phillipson-Webb.

"Tell them, 'Pop or chocolate is a treat we have sometimes at home,' and explain why that is and what the implications are. They need good food because they've got to learn."

## Consider the presentation

Another way to beat lunch-bag letdown is to get creative. Go online with your child and look up cool lunch ideas on recipe websites and social media. "Look up 'skewers' on Pinterest, for example, for fun things to do with fruits, vegetable, and cheese," she suggested.

"They're still getting healthy food, but it's in a fun, manageable form."

**Easy as 1, 2, 3 ... 4**

**Breaking school lunches down to a formula:**

**One protein:** that could be eggs, cheese, meat, quinoa, fish, tofu, beans, lentils, or tempeh. **One carbohydrate:** the list includes whole-wheat bread, buns, wraps, rice, pasta, bread sticks, crackers, naan, and a wealth of artisan breads. **One fruit:** apples, berries, pears, oranges, grapes, clementines, and so on. **One vegetable:** the rule here is as colourful as possible, so think red pepper strips, baby carrots, zucchini spears, broccoli florets, sugar-snap peas, and more.

# Characters and camo take over back-to-school gear

**Kids' fashion.** Patterns, cartoon personalities are all the rage with grade schoolers this fall

ASTRID VAN DEN BROEK
For Metro

Angry Birds. Spiderman and fellow superhero Captain America. Hello Kitty. When it comes to back-to-school shopping for the Grade 6 and under set, this age group's magnetic pull to licensed products isn't weakening any time soon.

"Licensed items are huge with kids," said Elena Delli Pizzi, the Richmond Hill, Ont.-based associate category manager for Staples Canada. "And this year, Marvel is really hot with the new Spiderman movie just released. So you'll see a lot of Spiderman and that carries over to Captain America and whatnot. And then also licences for backpacks from Monsters High to Skylanders and Hello Kitty, which is also always popular."

Beige hightop Shoes
Joe Fresh stores, joefresh.com, $22

And while kids this age choose to display their allegiances by wearing their favourite characters on their backpacks or on T-shirt fronts, they're also a group that's not afraid to pull on some bright colours. "For girls' wear, it's still all about pink — it continues to be the number one colour in girls wear," said Karen Speirs, director of product development, apparel for Walmart Canada. "But shades range from bubblegum pink for little girls to dark fuchsia pink for big girls. And then it's the blues, ranging from mid-tones of Hawaiian ocean for the little girls, to dark cobalt blue for the bigger girls. And then shades of purple really going from mulberry magic kind of look, so a purple/pink tone to a dark purple in big girls. It's all paired with the neutral of the season which is grey — light grey in girls, marbled or solid."

Graphic long-sleeved T-shirt
Walmart, $7

And in the boys, well their colours seem to be inspired by the brightly-hued world of superheroes and action figures, notes Speirs. "So for boys, it's all about the bright cobalt blue, fire engine red, pumpkin orange and it's grounded with navy or grey," she said. "From little boys to older boys, the orange really changes to a bright neon yellow and it's grounded by more neutrals such as grey."

Fleece-lined camo hoodie
Walmart, $18

Leisure pants and tights seem to continue in popularity with the younger girls — and on top of those bright colours are an ever-growing choice of patterns beyond cupcakes and hearts. This fall, girls will be able to choose from patterns scattered over their legs such as paint splatter, camouflage, jellybeans, doughnuts, tie dye and more. (Camouflage is its own rising trend in fall clothing, though it's updated, featuring background colours and can be found on anything from combat boots for kids to fleece hoodies.)

Canada Goose Vanier vest
Sporting Life stores, $250

And while regardless of age, this fall, racks will carry a number of athletic clothing and varsity-type clothing featuring a range of sports-inspired touches such as incorporating moisture wicking-materials, reflective and neon accents and numbers adorning a number of clothing items. Yet, the leisure seems to be a growing trend as well.

"In the bottoms for boys as well, there is a trend happening with soft-dressing pants and that's a new look," said Speirs.

"The pants and the jogger, it's getting just a bit more relaxed and that's becoming a huge trend."

Floral jeggings
Old Navy, oldnavy.ca, $27.94

# Have an app-etite to learn more?

**Tech talk.** From helping pre-schoolers learn to read to allowing high school students to savour memories

MIKE YAWNEY
For Metro

It's true, there really is an app for everything, and education is no different. These smartphone and tablet apps all get high marks for both elementary and high school students.

### Endless Alphabet, $6.99 (iOS and Android)

This fun, interactive app helps children learn the basics of reading, while playing games. Cute monsters help children learn letters through puzzle solving. The app also strives to expand vocabulary. With no time limit, the app ensures children learn at their own pace.

### The Human Body, $2.99 (iOS)

Explore the human body like never before with this unique app. Looking at diagram models is one thing, but this app shows you how the body's organs work together using working models, where lungs breathe, hearts beat and guts gurgle. It even utilizes the iPhone and iPad's cameras, and microphone for immersing demonstrations.

The Human Body

### RealCalc Scientific Calculator, free (Android)

Designed to turn your Android device into a true scientific calculator. Calculate powers, roots, trigonometric functions in degrees, radians or gradients, factorials, permutations, and more. Even though it's free, there are no ads. iOS users can download the CALC — a scientific calculator app for a similar experience at no charge.

### Momento, $2.99 (iOS)

A fun way for students to track and remember high school life. Create daily entries or connect the app to social networks to import Facebook photos, tweets from Twitter, or songs they listened to online. Teens can also rate life moments, tag friends, and set reminders from within the app. Of course, it's password protected to keep out prying eyes.

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### iTranslate, free (iOS and Android)

Learning a new language can be tough, but this app can help. Type words into your smartphone and receive translated text within seconds. More than 80 different languages are supported, plus the built-in dictionary ensures you are using the correct meaning, depending on the context. The app is free, but if you want an ad-free version with extra features, such as voice recognition, expect to pay a few bucks.

### gFlash+, free (iOS and Android)

Flashcards can be a huge asset while studying. Create your own set of cards with this free app, then quiz yourself to see how well you know the material. Track your performance online, or share your cards with friends to see how they do. Pay a few dollars and get access to millions of pre-made flash cards from educational publishers.

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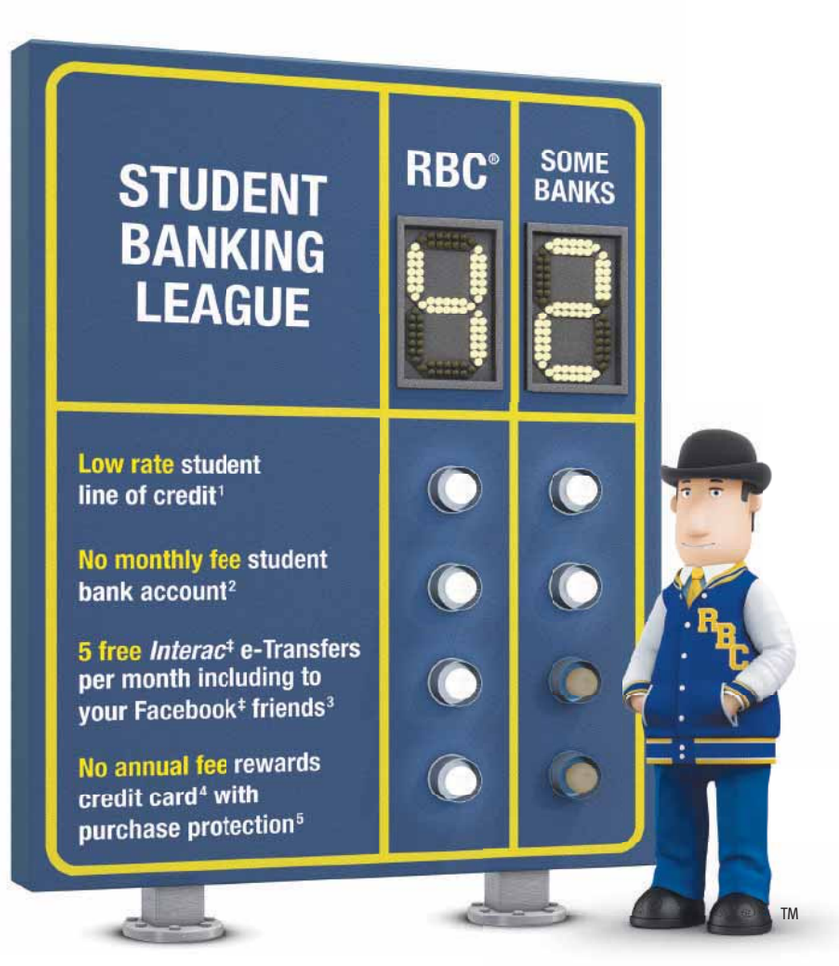
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Michelle Rodriguez ALL PHOTOS GETTY IMAGES

# Tired of partying with Zac, Rodriguez returns to NYC and former female flame

Now that her summer fling with Zac Efron is behind her, Michelle Rodriguez is reportedly seeking comfort back in the arms of model Cara Delevingne, with whom she split before taking up with Efron, according to Radar Online. But don't call it a comeback — yet.

"Michelle needed to get away from Zac, and she got away from him by going to New York to see Cara. Michelle missed Cara's company," a source says.

"I wouldn't be surprised if Cara and Michelle are hooking up again. Cara is a girl — and it's no secret that Michelle likes that."

There's also the suggestion that recently rehabbed Efron might not be behaving himself as much as his publicist would like everyone to think. "Cara doesn't party in the same way that Zac does," the source added. "Part of the reason that Michelle and Zac broke up was because she couldn't handle his partying."

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

**The Word**

## *Fan with phone busts Bieber's Buster's date with Selina*

NED EHRBAR
Metro in Hollywood

Justin Bieber has probably had better weeks — I mean, I'm just guessing here.

First, he tries taking Selena Gomez out for a nice night at arcade funhouse Dave & Buster's — because of course he would — but he can't even enjoy a game of Need for Speed because a fan tried to snap some cellphone pictures of the pair, sending Bieber into a Wolverine-style berserker rage (because he's Canadian, get it?).

Bieber reportedly lunged at the man, grabbing for his phone, but was thwarted by his own security guards before he could make contact. (Do they get a bonus every time they have to stop Bieber from starting a fight he can't win? Because I hope so.)

Police were called, Bieber hit the skids, and now he's being investigated for attempted robbery, theft and battery since the fan — whom I'm starting to think isn't such a fan after all — is looking to press charges, according to TMZ.

It's probably nothing really worth worrying about, except Bieber is still on probation for egging his neighbour's house. Where was his security detail then, huh?

**Twitter**

**@ladygaga**
I just played with Queen
I'm the happiest girl alive!

**@thandienewton**
The kid just hooked me up with emojis — where the hell is my emoji?! Did the creators not travel? Read magazines? Have TV? Books? friends?!

**@ConanOBrien**
I hope I never discover a genie when I'm really hungry, tired, or unhappy with my cellphone reception.

Jessica Alba

# Alba's honest business valued at nearly $1 billion

Maybe Jessica Alba would be better served not worrying about the whole acting-career thing. The household and baby products line she co-founded, the Honest Company, has been valued at nearly $1 billion in advance of a potential IPO, according to the Wall Street Journal. Alba's company is expected to post revenue for 2014 in excess of $150 million, and it just raised an additional $70 million in venture capital. So maybe she's not so concerned with whether there will be a third Sin City.

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# New season, old staples

**Sale search.** Now is the time to load up on tried-and-true wardrobe pieces as shops make room for their fresh fall looks

KATELYN ZBOROWSKI
life@metronews.ca

When most people hear the words "new arrivals," they immediately picture a monster-size credit card bill and shopping bags that really aren't full enough to justify the receipt hiding at the bottom.

Storefront displays filled with perfectly styled mannequins decked in fall's finest are enough to tempt anyone to give their credit card a workout, but the savvy Metro shopper knows better.

New arrivals don't need to cause price-tag panic. Why? It all comes down to the influx of new inventory and storage rooms that aren't quite big enough to handle it.

To break it down in a rhyme, when new arrivals come to play, last season leftovers simply can't stay.

And that means major savings for those who know where to look and for what.

So, what should shoppers seek? Lightweight, easy-to-layer textures.

When Preston Konrad, American Eagle Outfitters style director, was asked about the top item (no pun intended) to look out for, he shared the timeless classic: the cotton sweater.

Konrad says, "A cotton sweater is a great transition item.

"End of summer, it can be worn with shorts and cute sandals. Then, with a flannel and denim for early fall."

Sale shopping is about really getting into those racks and looking (read: hunting) for items that aren't overly trendy, but aren't so basic they bore you.

Neutrals are must-haves in any wardrobe, but so are items that express your personal style ... just so long as they don't break the bank.

When you do decide to stray from the sale signage and make a full-priced purchase, invest in something you'll get more than a single season out of.

Konrad shares that the new vegan motorcycle jacket from AEO is "perfectly tumbled and very detailed" and that you'll get a lot of wear from it.

He shares that women can easily wear it "with flannels and acid wash denim for a grunge look, or over a cool dress for a night out."

Is your style more "prep" than "punk"?

Fret not, there's still plenty in store this fall for you, too.

Just ask Elisha Ballantyne, Target Canada's divisional merchandise manager of apparel and accessories.

She says you can build up your fall wardrobe with easy-to-transition summer pieces by "layering lighter textures with heavier knits and denim."

So, stock up on sale button downs and lightweight tanks.

According to Ballantyne, "this fall, it's all about texture and pattern." Bring on the layers!

You'll find full-priced items that still feel like a steal.

The limited-edition Joseph Altuzarra for Target trench coat ($89.99, available Sept. 14), is the quintessential layering piece for the fall-winter season.

Throw it on top of your favourite summer sweater and patterned scarf for a street style section-worthy ensemble in a snap.

**The basics**

**Joseph Altuzarra for Target, Trench Coat, $89.99** CONTRIBUTED

**Forever 21, Frayed Paisley Scarf, $9.57** CONTRIBUTED

**American Eagle Outfitters, Skinny Jeans, $44** CONTRIBUTED

**Sole Society, Cutout Chevron Bangle, $27** CONTRIBUTED

**American Eagle Outfitters, Boyfriend Cardigan, $33** CONTRIBUTED

**ALDO, Sigiletto Boots, $165** CONTRIBUTED

TD Insurance

Little Household Tip

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www.teleperformance.com
or stop by our office at
365 Bloor St., East #600, Toronto, Ontario

# Dash of spice and lots of soul

This recipe serves six to eight. ELIZABETH BEDDALL OF LIZBEDDALL.COM

**Creole Jambalaya.** Louisiana cooking combines classical French, Spanish and Anglo-Saxon cuisines. This is a classic dish found all over the region

"This dish is a close cousin to Spanish paella and they say it originated in New Iberia, La., which was originally a Spanish settlement," write Frances Wood and Thessavan Maniceavasakan in the Southern Accent Cookbook.

"This is a good recipe for using up any leftover meats!"

The book also notes that when removed from the oven, the pot should remain covered as it will keep cooking and be ready to serve in 30 minutes.

"If you are planning to serve at a later time, transfer into an ice bath which will stop it cooking further. That way, when you are ready to serve and reheat, the rice will not overcook," write Wood and Maniceavasakan,

**Ingredients**

**Spice Mix**
- 3 tsp salt
- 2 tsp cayenne
- 2 tsp ground white pepper
- 4 tsp ground black pepper
- 2 tbsp oregano
- 1 tsp thyme

- 4 tbsp vegetable oil
- 1 1/2 cups smoked ham, cubed
- 1 cup Andouille sausage, sliced
- 1 1/2 cups chicken or turkey breast
- 3 bay leaves
- 1 1/2 cups onion, chopped
- 1 1/2 cups green pepper, chopped
- 1 1/2 cups celery, chopped
- 1 tbsp minced garlic
- 2 cups plum tomatoes
- 1/2 cup chili sauce
- 1/4 cup tomato paste
- 2 1/2 - 3 cups chicken stock
- 2 cups rice

**1.** Combine spice mix and set aside.

**2.** Heat oil and sauté all meats with bay leaves for 8 minutes, add vegetables and sauté until tender-firm.

**3.** Add spice mix and garlic and cook 3 minutes.

**4.** Stir, scraping pan bottom periodically.

**5.** Add plum tomatoes, chili sauce and tomato paste, and bring to a boil.

**6.** Add stock and return to a boil.

**7.** Add rice, stir well, and bring to a boil.

**8.** Cover and cook in oven at 400 F for 20 minutes.

**9.** Stir thoroughly when removed from oven. **RECIPES ADAPTED FROM SOUTHERN ACCENT COOKBOOK: OUR CAJUN, CREOLE & SOUL EXPERIENCE BY FRANCES WOOD AND THESSAVAN MANICEAVASAKAN (2014).**

**Cookbook of the Week**

## Bring Cajun and Creole to your table

Toronto staple Southern Accent restaurant commemorates its 30th anniversary with Southern Accent Cookbook.

Written by founder Frances Wood and co-owner and chef Thessavan Maniceavasakan, the book offers a 144-page collection of recipes, images and anecdotes. Southern Accent Cookbook features recipes such as Hush Puppies, Blackened Chicken, Shrimp Etouffée, Bread Pudding and more. **METRO**

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# Lunch. Chilled Avocado and Cucumber Soup

This recipe serves six to eight people. ELIZABETH BEDDALL OF LIZBEDDALL.COM

**1.** Purée ingredients in blender.

**2.** Taste and season with salt and pepper

**3.** Cover with plastic wrap. Refrigerate 30 minutes or more.

**4.** Divide soup and reserved cucumber and avocado among six bowls. Garnish with cilantro sprigs.

**Ingredients**

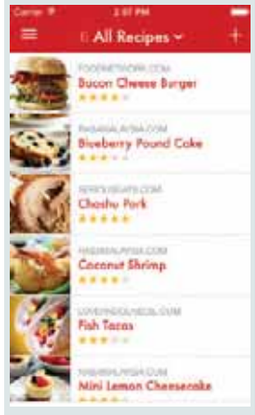
- 2 English cucumbers, peeled and diced (1/4 cup reserved for garnish)
- 2 avocados, pitted, peeled and diced (1/4 cup reserved for garnish)
- 1 tsp finely grated lemon zest, plus 1/2 tbsp fresh lemon juice
- 1/4 cup coarsely chopped fresh cilantro, plus sprigs for garnish
- 2 scallions, white and pale-green parts only, coarsely chopped
- 1 jalapeno, seeded and coarsely chopped
- 3 cups non-fat plain yogurt
- 1 cup cold water
- 1 cup of buttermilk
- Coarse salt and freshly ground black pepper to taste

**For your phone**

## Paprika Recipe Manager (iPhone/iPad/Android/Mac; $4.99)

**MIND THE APP**
Kris Abel
@RealKrisAbel
life@metronews.ca

The best tool for clipping web recipes and digitizing your personal cookbook, this kitchen organizer includes smart grocery lists, multiple timers, a pantry tracker, and a meal planner. Very helpful.



# LABOUR DAY: LET'S GO TO THE EX

## A PERFECT WAY TO SAY BYE TO SUMMER

Summer in Toronto just isn't complete without a visit to the Canadian National Exhibition.

The final weekend of the CNE always coincides with the Labour Day weekend — and what a fabulous farewell to summer!

Whether you're a fan of 'terrifying' roller coasters, you like to try your luck at winning a big stuffed toy, or you simply like to wander about and partake in your favourite treats, the CNE has it all — and then some.

Besides the midway, there are agricultural displays, horse shows and dog shows, and the Air Show. There are also stadium shows and free musical entertainment. And so much food — in the Food Building as well as food trucks and kiosks everywhere.

CNE classics include candy apples, caramel apples, corn dogs, cotton candy, funnel cake, beaver tails, ice cream waffles, and fudge. And don't forget the Tiny Tom Donuts!

There are always lots of crazy food trends to try too … care for a deep fried banana split or chocolate bar?

Of course, you'll find the usual good eats including back bacon on a bun, spaghetti, Schnitzel, burgers, roti, falafels, and burritos. And for dessert — enjoy a frozen yogurt or ice cream cone.

SHUTTERSTOCK

***HERE ARE SOME TIPS FOR MAKING THE MOST OF YOUR DAY:***

- Get there early. Remember, there will be lineups pretty well everywhere so be patient and give yourself lots of time.
- Talk to your kids about safety and staying together. Make sure everyone has their phone.
- Let everyone in the family choose at least one activity that they really want to do (whether it's a special midway ride, the Super Dogs show or a favourite treat) — and do it together.
- Do plan a few sit-down activities such as watching a movie or sports competition. There are lots of areas where you can sit down and relax.
- Consider bringing a blanket that you can spread out and sit on while you watch the air show.
- Carry water — and stay hydrated.

### *WHAT TO PACK FOR A DAY AT THE CNE*

- Money
- Tickets for rides and shows
- Hat and sunscreen
- Phone
- Camera
- Heartburn medicine

An open-and-shut case: Well-designed cabinetry and built-in appliances keep condo kitchens trim and tidy. CONTRIBUTED

# Sleek hideaway condo kitchens

**Panelled.** Compact kitchens tucked behind cabinetry free up precious condo space

CONDO TRENDS
Duncan McAllister
life@metronews.ca

A local Mississauga manufacturer is cooking up radical kitchen designs and making a splash across North America with small-space products tailored just for condos.

David Marcus, president of AyA Kitchens and Baths tells Metro about the latest trends and what purchasers want in condo cabinetry and appliances. Marcus worked with David Wex of Urban Capital, to drive the vision for the smart kitchen. The design was originally presented in Smart House Toronto, and most recently debuted in River City 3 condos.

"Our kitchen was designed while thinking about how we use space, ensuring that every inch of our condos is intelligently designed." says Wex.

"Working with AyA, we incorporated ideas from Europe and Japan to create a space that is smart and adds value to Canadian condos."

"Right now, one of the very common trends we see is essentially hiding the kitchen away. One good way of doing that is to fully integrate the panelled appliances so that they look like cabinetry," says Marcus.

**Cupboard love**

**"One of the very common trends we see is essentially hiding the kitchen away."**

David Marcus, president of AyA Kitchens and Baths

Every AyA kitchen is designed and made to order in Mississauga. "Another thing that we're seeing is the move to some really high-end, particularly European and Italian, laminates which mimic wood but are more consistent and at a better price point," explains Marcus.

"Integrated lighting is something we're doing a lot, the LED lighting. That's very popular. Built right into the upper cabinets, they're great for work surface lighting, they're dimmable and very economical."

AyA's mass customization approach provides customers with the personalization and craftsmanship of a custom kitchen along with the value and quality that comes from a 150,000 sq. ft. production facility.

"What that means to a condo developer is that if they have certain funky details that they want to do, even though it's not part of our standard collection, we will engineer it specifically for them and give them a highly-customized product for their project." says Marcus.

AyA Kitchens and Baths offers 2,000 cabinetry variations, ranging from ultra-modern to traditional, in showroom locations across North America. Their in-house designers have collaborated with most of Toronto's big-name interior design firms including II by IV Design, Cecconi Simone, Mike Niven Interior Design and Munge Leung.

The company has an impressive roster of GTA developments including the condos Harmony Village, The Nest, River City 3, Smart House and 383 Sorauren.

**Condo kitchen trends**

- **Integrated fridge.** Fully embedded refrigerator within the space, such as the integrated 24" Liebherr.
- **Fan hood.** Tucked away so you don't even notice it, an integrated architectural fan hood.
- **Cooktop.** Save space with a two-burner cooktop.
- **Pull-out cutting board.** The retractable countertop-cutting board can be stashed away when you don't need it.
- **Dishwasher drawer.** A novel concept in North America, a space-efficient, easy-to-use, integrated dishwasher.
- **Garbage bins.** Built-in, source-separated wet and dry garbage bins.
- **Microwave-convection oven.** All-in-one combination microwave and convection oven.
- **Washing machine.** Spin and dash with this all-in-one washer and condenser dryer.

**Legal Matters**

## *Insurance needed*

**I am scheduled to close the purchase of my first house in a couple of days and my lawyer has communicated that she requires proof of insurance for the house. Why would she be interested in whether I have insurance?**

LEGAL MATTERS
Jeffrey Cowan
home@metronews.ca

Your lawyer works for you but is also retained by the financial institution putting the mortgage on your property. The bank requires proof that the home is properly insured so that if the building burns to the ground, there is adequate insurance to either rebuild or to pay the bank their funds that have been loaned to you. They are supposed to be noted as the loss payee on the policy and what is known as the insurance binder. This is a one-page document supplied by your insurance company verifying you are adequately insured.

A fairly new development is if you are purchasing a condo from a builder, they require proof of liability insurance so that if someone injuries themselves in your condo they won't be sued.

Insurance is an integral and necessary part of the purchase of property and is one of the items you should have on your checklist.

Follow Jeff Cowan on Twitter @Cowan_Law or on the website cowanlaw.ca, or email him at jeff@cowanlaw.ca.

# Pinnacle in heart of the city

**What you need to know**

## *Buying a condo? Learn more*

**BRYAN TUCKEY**
President and CEO of the Building Industry and Land Development Association (BILD) can be found at twitter.com/bildgta, facebook.com/bildgta, and bildblogs.ca.

Over the last decade, condominiums have established themselves as the dominant housing type within the GTA. Approximately 60 per cent of all new homes sold belong to the highrise sector.

According to RealNet Canada, BILD's official source for new home market intelligence, there are 215 highrise projects currently under construction across the GTA, of which 142 are located in the City of Toronto. To put that into perspective, that's 54,179 new homes for GTA families.

These homes are 87 per cent sold. In fact, a condo developer typically sells between 70 and 80 per cent of the units before breaking ground.

If you want to learn more, you're in luck. BILD, HOMES Publishing Group and The Real Estate Talk Show are holding a seminar to help educate condo buyers about the realities of the highrise market.

The seminar is called the Condo Buyer's Survival Guide and will be moderated by Erin McCoy from The Real Estate Talk Show. The seminar will be held Saturday, Sept. 20 at the Fall Home Show, at the Better Living Centre at Exhibition Place. Admission is free.

To register online, visit realestatetalkshow.ca and click on the Seminars tab, then look for the Fall Home Show logo.

## Meet the condo

- **What.** The Pinnacle on Adelaide
- **Builder.** Pinnacle International
- **Location.** Adelaide Street West at John Street
- **Building.** 46 storeys with 587 units
- **Sizes.** From 665 to 1,047 sq. ft.
- **Pricing.** From $369,900 to $671,900
- **Suites.** One bedroom, one bedroom plus den, two bedroom
- **Status.** Under construction
- **Sales Centre.** 283 Adelaide St. W.
- **Website.** pinnacle-adelaide.com

## The project overview

Pinnacle International's signature condominium building in downtown Toronto, The Pinnacle on Adelaide is situated in the heart of Toronto's Entertainment District. The project will include the creation of a public plaza and the preservation of the Heritage House on site.

## Location and transit

A highly centralized and walkable location, Pinnacle on Adelaide is located in the epicentre of Toronto's cultural corridor. Both the King and Queen streetcar lines and the University subway are just steps away. You can walk to the downtown core in minutes.

## Building amenities

Featured are an indoor pool and hot tub, sauna, change rooms and fitness centre. There's also an outdoor terrace, a sun deck, barbecue area, a lounge, party room and 24-hour concierge service.

## In the neighbourhood

A world-class selection of fine dining, lounges and entertainment are all within walking distance. Nearby are Roy Thomson Hall, the Royal Alexandra Theatre, and the Four Seasons Centre. There is great shopping along Spadina and in the eclectic shops on King and Queen St. W.

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# Hold everything — it's fall!

It's time to clear the summer clutter and get ready for fall. There's no need to stuff everything in a closet. Try a more attractive approach to keeping your favourite things tidy with storage solutions that add style to every room in the house

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

## This mirror's got you pegged

**In the foyer:** Check yourself out while taming those leashes, hats and scarves. Peggy Mirror, $359, UrbanMode.com.

## Bevvie up to the bar cart

**In the living room:** Keep a cocktail party's worth of beverages and glassware on hand for lounging well into the night. Libations Bar Cart, $699, CrateAndBarrel.com.

## Stow it below

**In the bedroom:** Gain the equivalent of an extra dresser by sliding drawers under your bed. Brusali Under-bed Storage Boxes, $42.50, IKEA.com.

## A cozy case for champagne tastes

**In the dining room:** Keep your champagne flutes protected between grand affairs. Microfibre Flute Storage Case, $18, BedBathAndBeyond.ca.

## Reach for the stars

**In the kitchen:** Keep your spices, sea salt or tea stored in Moroccan style. Denby Monsoon Alhambra Storage Jar, $30, TheBay.com.

## Clear the way

**In the bathroom:** Perfectly clear acrylic disappears on the wall to float all your bath essentials. Format Storage Shelf, $80, CB2.com.

# What's hot on the condo market

DUNCAN MCALLISTER

### 1. King West

The Farm Lot: Farmer's market by condo developer TAS and Fresh City is hosting two free film screenings of Food Fighters, a documentary on urban agriculture at 369 King St. W., Sept. 4 from 8 to 9:30 p.m.

RSVP: FRESHCITYFARMS.COM

### 2. North York

Now Open: New global-style model suite experience. Aristo at Avonshire condominiums by Tridel. Visit the sales centre at 120 Harrison Garden Blvd.

CONTACT: 416-730-0300, ARISTO@TRIDEL.COM

### 3. Liberty Village

Open House: Two-storey, one-bedroom loft-style townhouse in Liberty Village. Check it out at 42 Western Battery Rd., Aug. 30 and 31 from 2 to 4 p.m.

CONTACT: 416-698-2090

# Coolest Cooler breaks Kickstarter records

**Cooler for 21st century.**
Campaign hauls in more than $10M in pledges

A beachside drinks and food cooler for the digital generation is now officially the most successful Kickstarter campaign of all time, raising an incredible $10.36 million in pledges, and the campaign is yet to close.

The Coolest Cooler. COOLEST

And as the money has rolled in, the Cooler has become, well, cooler. When it ships to its first backers in February it will also have a retractable protective drawer for storing smartphones and the like, a removable rechargeable battery, and will be able to automatically pair with another Coolest Cooler for stereo speaker sound.

The Coolest Cooler Kickstarter campaign closes on Aug. 30, so there's still time to snap one up for $185 in time for next year's summer vacation. AFP

**Chill companion**

**As well as insulating perishables from the elements, the Coolest Cooler has:**

- An integrated battery-powered blender for smoothies and cocktails.
- A water-resistant Bluetooth speaker.
- A built-in chopping board.
- A USB charger for keeping smartphones powered up.
- Chunky tires for easy rolling over the sand.

TD Insurance

Little Household Tip

Always keep your houseplants on saucers to avoid water damage to your floor.

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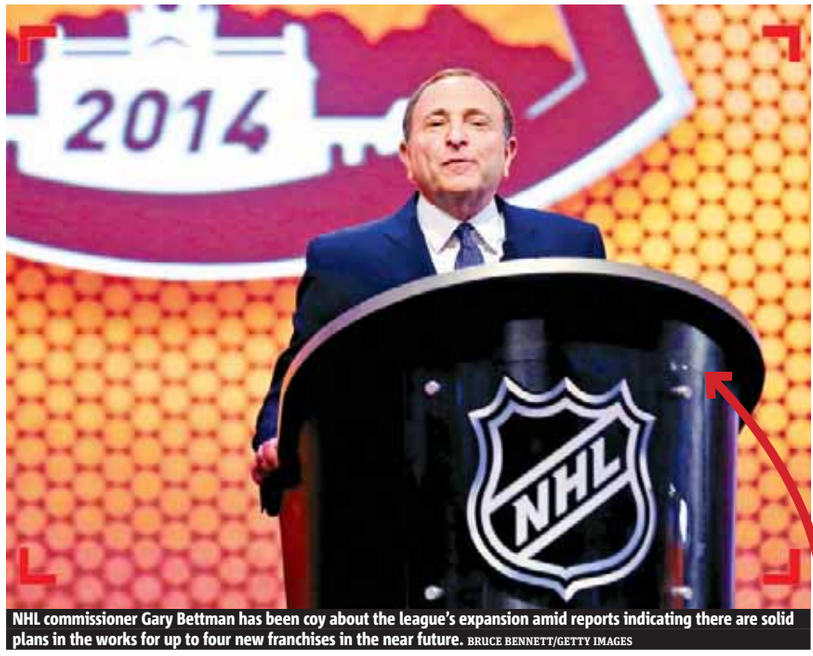
# NHL expansion: Is it a fact or fad?

**Coming soon?** Top brass non-committal but 'done deal' reports fuel speculation




NHL commissioner Gary Bettman has been coy about the league's expansion amid reports indicating there are solid plans in the works for up to four new franchises in the near future. BRUCE BENNETT/GETTY IMAGES

NHL expansion is likely coming in the near future, though the league hasn't committed to any official plan just yet.

For more than a year, commissioner Gary Bettman has said the NHL is listening when approached by cities interested in acquiring a team, even though there's no formal expansion process underway. Amid reports this week indicating solid plans are in place, deputy commissioner Bill Daly said there's "nothing new to report on this subject."

Status quo doesn't necessarily mean the NHL won't eventually expand to Las Vegas, as the Vancouver Province reported Tuesday was a "done deal." And it doesn't necessarily discount the possibility of adding four teams by 2017, one each in Las Vegas, Seattle and Quebec City and a second in Toronto, as SportsBusinessNews.com reported via Twitter.

Getting to 32 teams sooner rather than later would make sense for a league that moved to unbalanced conferences with 16 teams in the East and 14 in the West beginning last season.

Officially, expansion is not on the agenda. But that doesn't stop the speculation.

"We listen when people say, 'We'd like to come visit you and tell you why we're interested and where we're interested,'" Bettman said in June.

Plenty of cities are interested, including Portland, Hamilton and Kansas City. But even with a new, lucrative Canadian TV deal and growing revenues, the NHL doesn't have to rush into anything.

Expansion is tempting because fees don't count toward hockey-related revenue, which gets split between owners and players.

Any expansion fee, which could run in the neighbourhood of $300 million or more, depending on the market, would be money the owners don't have to share.

Getting to 32 teams — 16 in the East and 16 in the West — makes for better playoff math and easier scheduling and would also tie the NHL with the NFL as the leagues with the most teams.

Any kind of expansion requires approval from the board of governors. The NHL hasn't expanded since 2000, when the Columbus Blue Jackets and Minnesota Wild joined the league. THE CANADIAN PRESS

**AUGMENTED REALITY**

→ Use your Metro News app to scan the photo above and find out more pros and cons of the four main cities in contention for a new NHL franchise.

metro AR

→ See the full instructions on Metro's Voices page.

**Back over .500**

## Stroman, Valencia lead Jays to first win in four games

A strong outing by rookie pitcher Marcus Stroman and a three-run homer by pinch-hitter Danny Valencia, his first as a Blue Jay, lifted Toronto to a 5-2 win over the Boston Red Sox on Wednesday night.

Toronto scored four runs — including two unearned — in the seventh inning with Valencia's bat leading the way. That made a winner out of Stroman, who was on cruise control other than hitting a two-run bump in the sixth inning.

Jose Bautista also homered for Toronto for the second day in a row as the Jays (67-66) snapped a string of three losses — and four extra-innings games.

Earlier in the day, the Blue Jays recalled right-handed pitcher Chad Jenkins from triple-A Buffalo of the International League and designated right-hander Sergio Santos for assignment.

THE CANADIAN PRESS

**Clippers**

## Rivers signs on for 5 more years

Doc Rivers is staying with the Los Angeles Clippers for another five years.

In Steve Ballmer's first big move since taking over as the new owner, he gave Rivers a contract extension through the 2018-19 season.

Rivers was a stabilizing force for the franchise during the upheaval created by former owner Donald Sterling's racist remarks that led to his ouster after 33 years of ownership.

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## AUGMENTED REALITY

**Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.**

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→ See the full instructions on Metro's Voices page.

## Horoscopes by Sally Brompton

### ♈ Aries
**March 21 - April 20**
If you feel trapped by your current situation you must find ways to cut yourself free. You have your own plans and intend to follow them.

### ♉ Taurus
**April 21 - May 21**
Be on your guard today, especially when dealing with money matters. There is a danger someone will try to cheat you, and if your mind is elsewhere they may succeed.

### ♊ Gemini
**May 22 - June 21**
A difference of opinion may be annoying but it is of no real importance, so don't go to war over it. Be confident enough in your own beliefs that you don't need other people's approval.

### ♋ Cancer
**June 22 - July 23**
With Mars, planet of ego, moving through the most dynamic area of your chart you could not care less what other people think.

### ♌ Leo
**July 24 - Aug. 23**
You may fall out with someone you live with but nothing bad is likely to come of it. Whose fault it was in the first place is unimportant – what matters is that you move on together.

### ♍ Virgo
**Aug. 24 - Sept. 23**
You will need to take steps to control negative feelings. Be especially careful what you say in front of important people. Criticism won't go down well.

### ♎ Libra
**Sept. 24 - Oct. 23**
You will make your point more effectively today if you stay calm and back up your arguments with facts that can't be denied.

### ♏ Scorpio
**Oct. 24 - Nov. 22**
If you are too aggressive today, it could have consequences. Try not to take anything too seriously and try not to take what others say personally.

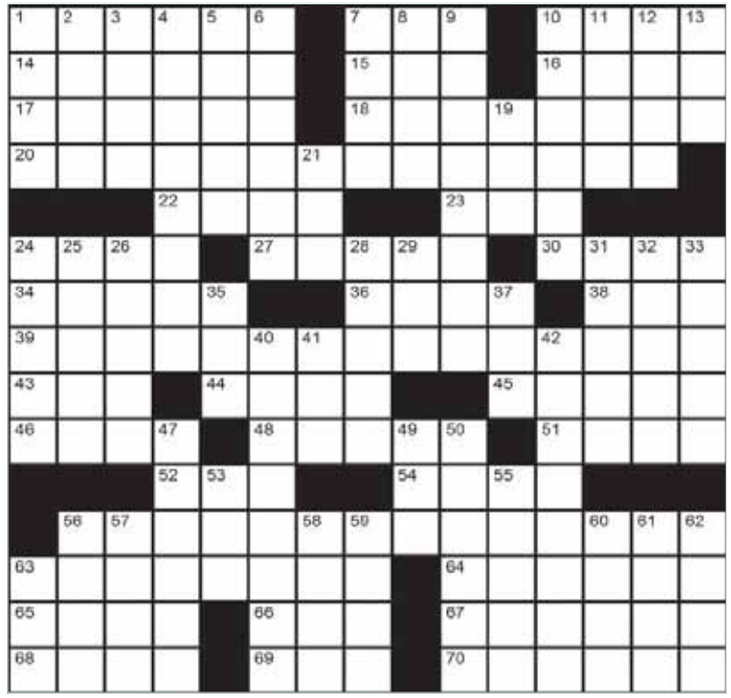
### ♐ Sagittarius
**Nov. 23 - Dec. 21**
You'll have to make a difficult choice. Don't worry what others may think of it. Worry only that if you don't act soon the matter may be taken out of your hands once and for all.

### ♑ Capricorn
**Dec. 22 - Jan. 20**
The best way to boost your confidence is to tackle tasks that require total concentration. The less time you have to worry about problems, the more likely it is they'll resolve themselves.

### ♒ Aquarius
**Jan. 21 - Feb. 19**
Be careful what you say over the next 24 hours, especially when dealing with powerful people. You may have strong feelings about certain issues but keep them to yourself.

### ♓ Pisces
**Feb. 20 - March 20**
You feel obliged to favour one thing over another but is it for the best? The planets indicate you have been pushed in that direction by people who have a vested interest in what you do.

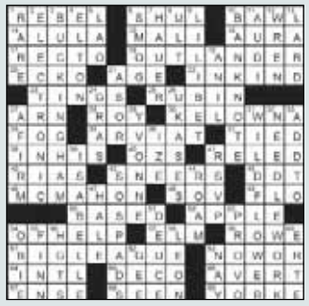
## Crossword: Canada Across and Down by Kelly Ann Buchanan



### Across
1. Beatles guru, Maharishi __ Yogi
7. __ Hortons
10. Sporty striped shirts, shortly
14. Bob Dylan's "A Hard Rain's _-__ Fall"
15. Charles Dickens: Bleak House girl
16. Cholers
17. Steve __, "The Six Million Dollar Man" character
18. Southern Alberta village
20. Bit of Kim Stockwood's "Jerk": "I used to want some explanation / Now all I want is __ __ __ __."
22. "Makes sense now!": 2 wds.
23. "Tsk!"
24. Hawk
27. "Key __" (1948)
30. Duration
34. A Lesson from __ (Athol Fugard play)
36. Dionne Warwick's "Walk __ __"
38. Alter __
39. 2005 Rachel McAdams movie: 2 wds.
43. West __ (The Great Gatsby setting)
44. US campus mil. program
45. "American Pie" Chevy-driving spot
46. Like bottled hair
48. House sections
51. Actress Nikki
52. Toreador's taunt
54. Some soil
56. __-_-__-__ (Quebec locale which in English is called Whale Head)
63. Name of the Calgary Stampeders touchdown horse: 2 wds.
64. Baby cat
65. Latin 'year'
66. 1
67. Synchronicity
68. Feel
69. Days opp.
70. Nuts

### Down
1. Lady's address
2. "_ __ Named Joe"
3. Setting of Global TV's "Remedy" [abbr.]
4. Required/meant
5. Vexed states
6. Fairytale brother
7. Sprinkled sweat-stopping stuff
8. Fan's favourite
9. Winnipeg: __ Legislative Building (More at #42-Down)
10. Does like Rosie in WWII
11. "All By Myself" by __ Carmen
12. Audio __
13. NNE opposite
19. Wildebeest
21. Politician's positive
24. Did carpentry
25. Dirge
26. Veronica of Archie Comics
28. Celebrity chef Mr. DiSpirito
29. "Patience" rock gr.
31. Annoy
32. Concur
33. Hard-__ (Tough)
35. Formal fellow
37. Fashionable monogram
40. "Just wondering, that's all.": 2 wds.
41. '60s lettered car
42. Symbols.Hidden Meanings.Cyphers... __ Code Tour, at the architectural marvel at #9-Down
47. E-business
49. Blue Jays org.
50. "____ the Sun" by Sheryl Crow
53. Currency in Albania
55. Skirt style
56. Melody
57. Mozart's "__ Kleine Nachtmusik"
58. Dryer's fluff
59. Choppers
60. "__ _ date!"
61. Vegas illuminator
62. Austrian river
63. '_' __ in Quebec

## Yesterday's Crossword



## Online

See today's answers at metronews.ca/answers

## Sudoku

**How to play**
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 6 | | | | | | | | 5 |
| 7 | | | 9 | | 5 | | | 8 |
| | | 9 | 3 | 6 | 2 | 4 | | |
| | 9 | | 8 | | 7 | | 6 | |
| | 1 | | | | | | 3 | |
| | 2 | | 1 | | 6 | | 8 | |
| | | 8 | 4 | 1 | 3 | 9 | | |
| 9 | | | 5 | | 8 | | | 3 |
| 1 | | | | | | | | 2 |

## Yesterday's Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1 | 6 | 9 | 8 | 2 | 7 | 4 | 3 | 5 |
| 3 | 7 | 8 | 4 | 5 | 6 | 1 | 2 | 9 |
| 2 | 5 | 4 | 3 | 1 | 9 | 6 | 7 | 8 |
| 8 | 9 | 5 | 6 | 4 | 2 | 3 | 1 | 7 |
| 6 | 1 | 2 | 5 | 7 | 3 | 9 | 8 | 4 |
| 7 | 4 | 3 | 1 | 9 | 8 | 2 | 5 | 6 |
| 5 | 3 | 7 | 9 | 6 | 1 | 8 | 4 | 2 |
| 4 | 8 | 6 | 2 | 3 | 5 | 7 | 9 | 1 |
| 9 | 2 | 1 | 7 | 8 | 4 | 5 | 6 | 3 |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